

# **Supplies for the Safe Swallowing Educational Training**

**Cups/spoons/plates**

**Dysphagia Diet Cards**

**Thickit~ contact [Thickit.com](http://Thickit.com) and under  
Healthcare Professional request a sample  
for training**

**Water**

**Various foods (International Dysphagia  
Diet):**

**Level 4 – pureed – smooth (no lumps)**

**Pudding like ~ not jello like**

**Level 5 – minced and moist –**

**Moist, soft textures~ ground,  
minced, or mashed**

**Level 6 – mechanically soft – soft solid**

**Easy to cut up but not hard,  
crunchy or dry.**